

Psalm 131

Questions for Children

Review

What does it mean to have a “heart lifted up” (v. 1)?

What does it mean to have “eyes raised too high” (v. 1)?

- Look up Proverbs 6:16–17, Proverbs 30:12–13

What does it mean to be occupied with “things too great and marvelous” for us? (v. 1)

- Look up James 4:13–15

What does it mean to be like a weaned child in its mother's arms? (v. 2)

Discussion

Have you ever been worried or scared of something? Are you worried or scared now?

What can you do to remind yourself that God is loving to you when you are worried or scared?

How can we have hope in the Lord *forever* (v. 3)? Are you hoping in the Lord?

Memorize: Psalm 131:3

Questions for Adults

Review

Heidelberg Catechism

27. Q. What do you understand by the providence of God?

A. God's providence is His almighty and ever present power,[1] whereby, as with His hand, He still upholds heaven and earth and all creatures,[2] and so governs them that leaf and blade, rain and drought, fruitful and barren years, food and drink, health and sickness, riches and poverty,[3] indeed, all things, come not by chance[4] but by His fatherly hand.[5]

[1] Jer. 23:23, 24; Acts 17:24-28. [2] Heb. 1:3. [3] Jer. 5:24; Acts 14:15-17; John 9:3; Prov. 22:2. [4] Prov. 16:33. [5] Matt. 10:29.

28. Q. What does it benefit us to know that God has created all things and still upholds them by His providence?

A. We can be patient in adversity,[1] thankful in prosperity,[2] and with a view to the future we can have a firm confidence in our faithful God and Father that no creature shall separate us from His love:[3] for all creatures are so completely in His hand that without His will they cannot so much as move.[4]

[1] Job. 1:21, 22; Ps. 39:10; James 1:3. [2] Deut. 8:10; I Thess. 5:18. [3] Ps. 55:22; Rom. 5:3-5; 8:38, 39. [4] Job 1:12; 2:6; Prov. 21:1; Acts 17:24-28.

Discussion

Discuss how you have been feeling the last few weeks. Calm, fearful, anxious? If you are anxious, what specifically are you anxious about?

Why does it matter that *every* thing comes not by chance, but by the Father's hand?

How does Jesus exemplify Psalm 131? Can you think of other examples in his life not mentioned in the sermon?

What does Jesus' work in salvation tell us about God's goodness in all things?

How can God be good in the situation you are going through specifically?

What are specific ways you can work towards being "like a weaned child with its mother"?

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